

Providence Community Center

3001 Vaden Drive, Fairfax, VA 22031
Phone: 703-865-0520, TTY 711



Operating Hours: Monday - Saturday 9 a.m. to 10 p.m.
Closed for Columbus Day, October 10-12, 2015

www.fairfaxcounty.gov/ncs

Schedule of events and activities are subject to change. Please call the facility directly for the most updated information.

October 2015

Programs

Programs	When/Where	Time	Description
Columbus Day	10/10 - 10/12	CLOSED	Closed due to the Columbus Day Holiday.
Flu Shots	7-Oct	10 a.m. - 2 p.m. p.m. - 8 p.m.	5 Flu shots offered by Maxim. • Medicare Part B accepted with no copay if Medicare Part B is the Primary Insurance • Medicare Advantage Private Fee For Services "PFFS" Plans also accepted • No credit cards accepted
"I Can't Hear You!" Workshop (3 part series)	October 7, 14, 21	10:30 a.m. - 11:30 a.m.	Part 1: Do I have a hearing Loss? Part 2: "Techie Stuff" to the Rescue! Part 3: Living and Laughing with Hearing Loss. This is a free workshop for ages 50 and older.
Senior Adult Program	Monday - Friday Rm 112	9:00 a.m. - 4:00 p.m.	Activities and trips for adults 50+. Please see senior calendar for a detailed schedule. Lunch and transportation are available upon request and may require a fee.*Must be 60 or older to receive lunch at a reduced rate.
SACC	Monday-Friday	7:00 a.m. 8:45 a.m & 3- 6:15 p.m.	Before and after school care for K-6th grade. Please call 703-449-8989 to register
Teens After School Program	Monday - Friday	3pm-6pm	Activities and programs for youth ages 12-18. Teen program is designed to help teens build positive relationships, develop skills for good decision making, improve their personal resiliency, and most importantly, have fun.
SPARC	M, W, F	10 a.m. - 2 p.m.	Specially Adapated Recreation Club: Provides dynamic, enduring learning opportunities for adults with life-long disAbilities in a natural community setting.
Open Art Studio	Wednesday Arts & Crafts room	10:00 a.m.-12 p.m.	Bring your own supplies. The open arts studio provides the perfect opportunity for communal self- critique of art pieces as well as general socializing among peers. 19+
"Rook n Roll" Chess Club	Wednesday & Saturday Rm 228	6:30 p.m. - 8:30 p.m. (W) 1:00 p.m. - 3:00 p.m. (Sat)	Friendly chess every Wednesday and Saturday. All levels welcomed. Learn to play chess or test your skills against others.
ArtReach Program	Tuesday	12:45 p.m. - 1:45 p.m.	Join Sharon Fishel from the McLean Project of the Arts. "Abstract Nature" will be this sessions theme.

Classes			
Classes	When	Time	Description
Zumba Gold (for Senior Program)	Monday Gym	10:00 a.m. - 11:00 a.m.	Zumba for adults 50 and older who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. \$5.00 per session.
Line Dancing (for Senior Program)	Monday Gym	12:30 p.m. -2 p.m.	Come enjoy a cardio workout to choreographed dancing. Dance to songs from all over the world! \$5.00 per session.
Beginners Pickleball (for Senior Program)	Tuesday Gym	9:30 a.m. -10:30 a.m.	Learn basic skills and play. Must be a member of the Senior Program. Must pay and register for classes. \$5.00 per session.
Zumba Toning	Tuesday Gym	11:00 a.m. - 12:00 p.m.	Enjoy a great cardio workout that emphasis on sculpting and toning with the use of toning sticks or light weights. \$5.00 per session. For adults 19+
Line Dancing	Tuesday Gym	1:00 p.m.-2:30 p.m.	Summer session line dancing will end on September 8, 2015. Come enjoy a cardio workout to choreographed dancing. Dance to songs from all over the world! \$5.00 per session.
Yoga	Wednesday Multipurpose 1	12 p.m. -1 p.m.	General Yoga for senior program. \$5.00 per session Senior Program
Line Dancing	Wednesday Gymnasium	12:30 p.m. -2:30 p.m.	Line dancing for adults 19+ \$5.00 per session
"Game Shape" Basketball Fitness	Tuesday Gymnasium	6:30 p.m.-8p.m.	Get in shape while brushing up your basketball skills or learning new ones. Open to all adults 18 and older
Yoga	Friday Multipurpose 1	12 p.m. -1 p.m.	General Yoga for adults 19+. \$5.00 per session
Line Dancing	Friday Gym	12:30-2:30 p.m	Fall Session: Line dancing will end on Septembre 8, 2015. Come enjoy a cardio workout to choreographed dancing. Dance to songs from all over the world! \$5.00 per session.
Family Zumba	Wednesday Gym	6:30 p.m. - 7:30 p.m.	Join Anya for some family fun Zumba. Zumba will feature kid friendly routines based on original Zumba choreography. Families with children ages 5-12 only. \$5.00 per family, per session.
Functional Fitness (for Senior Program)	Thursday Gym	9:30 a.m. - 10:30 a.m.	Low to mild intensity, aerobic fitness class. Use of moderate weights is encouraged. \$5.00 per session.
Zumba	Thursday Gym	5:00 p.m.-6:00 p.m.	Zumba involves dance and aerobic elements. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. Adult 19+ \$5.00 per session.
Chair Exercise (for Senior Program)	Friday Gym	10:00 a.m. - 11:00 a.m.	Cardio and strength training exercises done seated. This type of exercise is excellent for arthritis, joint related issues, or recovering from injury. \$5.00 per session.
Zumba	Friday Gym	5:30 p.m. - 6: 30 p.m.	For teens 13+ and adults. Zumba involves dance and aerobic elements. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. \$5.00 per session.
Zumba	Saturday Gym	9:15 a.m. - 10:15 a.m.	Zumba involves dance and aerobic elements. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. Adult 19+ \$5.00 per session.
Current Session runs September 14 to November 7, 2015 You must register for classes in order to participate.			

Sensory Room			
Event	When	Time	Description
Exercise Your Senses	1st Monday of each month	11:00-12:00	Adults and seniors attend the sensory room once a month for sensory exploration and relaxation. This program is in coordination with Service Source.
Open Relaxation Station for Seniors	2nd and 4th Monday (October 12th and 26th)	11:00 a.m - 12:00 p.m.	Come reduce your stress by enjoying music in a vibroacoustic beanbag, massage pad, or soundshell chair. Attendance is based on first come first served. No more than five people at a time.
Sensational Explorers	Tuesday	10:00-11:00 a.m.	This program is coordinated with Fairfax County Infant and Toddler Connection and registration for this program is done through the ITC . Ages 0-3 years of age experience color recognition, cause & effect, as well as exposure to sights, sounds, textures, and movements.
From Sensory to Memory	2nd and 4th Tuesday (October 13th and 27th)	2:00 p.m.-3:00 p.m.	Members of Memory Café attend the Sensory room for various ways of relaxation, reminiscing, and sensory stimulation.
SPARC Your Senses	Monday, Wednesday, and Friday	1:00 p.m.-2:00 p.m.	Members of the SPARC Program participate in various sensory activities ranging from relaxation, reminiscing, cognition, stimulation
Mommy & Me Sensory Discovery	Wednesday	9:00 a.m. - 12:00 p.m.	This program is for mothers and their young children to explore sensory items and activities. Registration is required for 30 minute interval sessions.
Little Sensations	Friday	9:00 a.m.-10:00 a.m.	Program is designed for children 2 years old and under. Little ones explore different sights, sounds, textures, and movement. This program also serves as a great way to meet other families.
Teen Sensorium (Teen Program)	Monday and Friday	3:00 p.m.-4:30 p.m.	Come relax, listen to music, do your homework, or just enjoy all of the sensations the Sensory room has to offer. Attendance is based on first come first served. No more than 5 teens at a time.
Sensory Magic with SACC	Monday and Thursday	Monday 4:00 - 5:00 p.m. and Thursday 4:30-5:30	SACC participants engage in various sensory activities ranging from education, stimulation, relaxation, creative movement and music. (Kids under 12 not allowed in the facility during SACC hours unless enrolled in SACC.)
Providence Community Technology Center			
Classes	When	Time	Description
SACC	Monday-Friday	3:00 - 6:15 p.m.	SACC Programming
Adults: Available for One on One Help	Monday	2:00 - 3:00 p.m.	Available to answer questions on how to use computers, to navigate the internet safely, how to set up social media accounts, how to set up email accounts, e.t.c.
Adults: Beginners Excel	Tuesday	1:00 - 2:00 p.m.	Navigating tool bar, Entering basic data into excel, using functions, creating formulas, working with worksheets, moving and copying data and much more. Basic projects are welcome for one on one help.
Adults: Available for One on One Help	Wednesday	1:00 - 2:00 p.m.	Available to answer questions on how to use computers, to navigate the internet safely, how to set up social media accounts, how to set up email accounts.
Adults: Working with Smartphones and Tablets	Thursday	1:00 - 2:00 p.m.	Basic understanding of smartphone use to make calls, to retrieve messages, to text, to download apps. Basic understanding of Tablet use to take and store pictures, to organize pictures, to transfer pictures from tablet to PC, to download and upload images.

Adults: Beginners Computer Class for Spanish Speakers (Senior Program)	Thursday/Friday	11 a.m. - 12 p.m.	This class is tailored for Spanish speakers that are members of the Senior Program (50+ of age). Learn about the different components of a computer: how to utilize the computer for day to day needs such as browsing the internet, saving documents, creating files, using social media etc.
Teens: Fall Programming	Monday-Friday	3:00-4:00 PM	Computers available for teen program.
Adult: Open Lab	Monday - Friday	12:15 - 1:30 p.m.	Open use of computer lab. Printing (Limit Per Person of 5 pages). Music Studio Sessions.
OPEN LAB for all Age Groups	Monday-Friday	5:30-8:00 p.m.	Open use of computer lab. Printing (Limit Per Person of 5 pages). Music Studio Sessions.
Gymnasium			
Recreation	When	Time	Description
SACC	Monday-Friday	3 p.m. - 6:15 p.m.	SACC Programming
Zumba Gold (for Senior Program)	Monday	10:00 a.m. - 11:00 a.m.	Zumba for adults 50 and older who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. \$5.00 per session.
Line Dancing (for Senior Program)	Monday	12:30 p.m. - 2:30 p.m.	Come enjoy a cardio workout to choreographed dancing. Dance to songs from all over the world! \$5.00 per session.
Badminton (for Senior Program)	Monday	6:30 p.m. - 8 p.m.	Badminton play for members of the senior program. Senior program is available for ages 50+
Adult Coed Soccer	Monday & Wednesday	8:00 p.m. - 10:00 p.m.	Open gym for adults ages 18+ to play soccer and practice skills
Beginners Pickleball (for Senior Program)	Tuesday	9:30 a.m. - 10:30 a.m.	Learn basic skills and play. Must be a member of the Senior Program. Must pay and register for classes. \$5.00 per session.
Senior Men's Basketball	Tuesday	10:30 a.m. - 12 p.m.	Men's basketball for seniors 50+
Zumba Toning	Tuesday Gym	11:00 a.m. - 12:00 p.m.	Enjoy a great cardio workout that emphasis on sculpting and toning with the use of toning sticks or light weights. \$5.00 per session. For adults 19+
"Game Shape" Basketball Fitness	Tuesday	6:30 p.m. - 8 p.m.	Get in shape while brushing up your basketball skills or learning new ones. Open to all adults 18 and older
Adult Recreational Basketball	Tuesday & Thursday	8 p.m. - 10 p.m.	Open gym for adults ages 18+ to play basketball and practice skills
Senior Stretch's	Wednesday	9:45 a.m. - 10:45 a.m.	Start your day with a light workout and stretch's.
Competitive Badminton	Wednesday	10 a.m. - 11:30 a.m.	Competitive badminton play for adults 19+
Line Dancing	Wednesday	12:30 p.m. - 2:30 p.m.	Line dancing for adults 19+ \$5.00 per session
Family Zumba	Wednesday	6:30 p.m. - 7:30 p.m.	Join Anya for some family fun Zumba. Zumba will feature kid friendly routines based on original Zumba choreography. Families with children ages 5-12 only. \$5.00 per family, per session.
Teen open gym	Wednesday	6:30 p.m. - 8 p.m.	Open gym for teens ages 13-18
Functional Fitness (for Senior Program)	Thursday	9:30 a.m. - 10:30 a.m.	Low to mild intensity, aerobic fitness class. Use of moderate weights is encouraged. \$5.00 per session.
Zumba	Thursday	5-6 p.m.	Zumba involves dance and aerobic elements. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. Adult 19+ \$5.00 per session.
Women's Open Gym	Thursday	6:30 - 8 p.m.	Open Gym for Women ages 18+ to play basketball and practice skills.
Adult Basketball	Thursday	8 p.m. - 10 p.m.	Basketball play for adults 18+
Competitive Pickleball	Friday	9:30 a.m. - 11 p.m.	Competitive Pickleball play
Chair Exercise (for Senior Program)	Friday	10 - 11 a.m.	Cardio and strength training exercises done seated. This type of exercise is excellent for arthritis, joint related issues, or recovering from injury. \$5.00 per session.

Senior Men's Basketball	Friday	11:15 a.m. - 12:45 p.m.	Men's basketball for ages 50+.
Zumba	Friday	5:30 p.m. - 6:30 p.m.	For teens 13+ and adults. Zumba involves dance and aerobic elements. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. \$5.00 per session.
Open Gym	Friday	6:30 p.m.-8 p.m.	Open Gym Youth and families
Adult Volleyball	Friday	8-10 p.m	Open Gym for adult 18 + to play volleyball and practice skills.
ZUMBA	Saturday	9:15 a.m. - 10:15 p.m.	Join Celia for a sweating good time! Zumba involves dance and aerobic elements. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. Teens and adults. \$5.00 per session.
Youth Soccer Clinic	Saturday	10:30 a.m. - 2 p.m.	Starts September 19 and ends November 14. Indoor training sessions provide players age 5-12 with individual attention giving them the opportunity to practice their skills, develop new skills, and learn the game strategy required to improve their overall level of play. No open Gym during those hours.
Competitive Badminton	Saturday	3 p.m. - 6 p.m.	For Adults
Teen Open Gym	Saturday	6:30-8 p.m.	Open Gym for teens ages 13-18 to play basketball and practice skills.
Community Meetings			
Activity	When	Time	Description
Girl Scout Troop Meetings	Saturday Rm 112	10 - 1 p.m.	Girl Scouts go on fun adventures, travel, learn new skills, make friends, help their community and become the next generation of leaders. During troop meetings, girls will experience the traditions of Girl Scouting, such as songs, and arts & crafts as well as activities involving health, fitness, science, art, literacy, career exploration, and culture. Parents are welcome to participate in troop meetings. All girls ages 5– 10 are welcome to join.
Toastmasters	2nd and 4th Wednesday 2nd and 4th Friday Rm 228	6:45 - 8:30 p.m.	Fairfax Toastmasters is the main local chapter of Toastmasters International, the most cost-effective, and funnest, way to learn and practice communication and leadership in Fairfax, Virginia